

Happy Birthday Bristol Mental Health!

It has now been one year since the start of the new model of mental health services that makes up Bristol Mental Health.

To mark the occasion, we held a 'One year On' seminar on Thursday 22 October at the Rosegreen Centre in Bristol, which had a theme of equality and diversity.



Almost 100 staff, service users and carers, and stakeholders with an interest in Bristol Mental Health got together to hear inspiring talks from the likes of the Police and Crime Commissioner, Sue Mountstevens, Alex Raikes, Director of SARI (Stand Against Racism and Inequality), service users and managers of Bristol Mental Health services. They highlighted some of the issues relating to equality and diversity that exist in the city, and how Bristol Mental Health is working to meet these needs.

The System Leadership team also led attendees through a round-up of what has changed in the past year, including thoughts from two recovery navigators - one of the newest roles created in the new system. We looked at where we've got to, where we need to go next, and there were some very thought-provoking tabletop discussions that gave everyone a chance to have their say.

World Mental Health Day 2015

Bristol Mental Health took part in a few events marking World Mental Health Day. This year, the theme was 'dignity'.



Will Hall from the System Leadership team gave a talk about Bristol Mental Health at the launch of Healthy City Week at Bristol's harbourside on 10th October.



Callington Road Hospital held a 'talkaoke' - like a karaoke but with debate instead of singing! The idea was to reduce mental health stigma by openly talking about it. Staff and patients contributed to a lively and engaging discussion. To read

Thanks to all those who came and contributed, and to those who worked so hard to organise the day.

To keep up to date with all our news and updates, [subscribe to this newsletter](#).

New appointment at Bristol Mental Health

We are excited to announce the appointment of a Strategic Leader for Service Users and Carers, who will be taking up her post in late November.

Lynne Newbury brings not only a broad range of experience in the medical and academic world, she also has inspiring personal experience that will be invaluable to this role.

She has worked closely with families receiving complex medical and social support within systems similar to Bristol Mental Health, and these skills will be put to excellent use in her interaction with service users and carers, ensuring they are represented at the highest levels of the system.

Also, a close family member of Lynne's has experienced long-term mental health problems, including drug misuse. This has not only helped Lynne to - in her words - 'get her head around' what it means to live with mental illness, but has given her the enthusiasm to want to mix her professional and personal experience in a role that she hopes will improve communication between agencies and individuals.

We look forward to having Lynne on board from 23rd November 2015.

Project update: joining the dots

As you may be aware the Joining the Dots project is looking at how information and data can be better used across Bristol Mental Health to improve service users' outcomes and experience. Joining the Dots continues to move forward and we wanted to keep you up-to-date with progress.

The project has now moved into a testing phase - 10 BMH staff and the project's service user team members are testing the 4 new IT based tools with dummy data. These tools have been designed to be used by BMH staff and service users together to co-produce important aspects of their care plans.

Once testing has been successfully completed the project plans to start a small scale pilot in November, so that we can...

- start to use the new care planning tools with service users
- continue to understand, review and adapt the tools
- confirm that all the processes and governance are firmly in place The pilot will then be evaluated before a wider roll out.

We wanted to take this opportunity to thank all the BMH staff and service users that have been involved in the project so far, without whose help we would not have got to this important milestone.

more, click [here](#).



The Community Access Support team also held an event at Wellspring Healthy Living Centre on Tuesday 13th October to discuss the effects of mental health stigma.

The workshop contained presentations and information about the way in which stigma is perpetuated through the media as well as in everyday language and actions. To read more, click [here](#).



The pioneering Bristol Sanctuary service held two events for World Mental Health Day on 10 October to mark its first six months helping people in emotional distress at weekends.

One event saw 20 clients, volunteers, members of the commissioning team and staff sharing food and experiences, and joining in a drumming workshop. The second "breakfast" event welcomed 22 health professionals from across Bristol who heard from two service users about what the Sanctuary service had meant to them and the positive impact it had in their lives. This was followed by a lively early morning discussion.

Many thanks to all those who came along. The Sanctuary holds regular meetings on the first Tuesday of every month at 1 New St, Bristol BS2 9DX, 2.30- 4.30pm, for people who have used the service or who want to contribute to its development. Please contact us through awp.bmhsanctuary@nhs.net if you are interested in attending or just show up.

Service users and carers - opportunity to get involved!

We are currently looking to recruit further service users and/or carers to join the project team. As part of the project you will have a valuable role in helping ensure the project makes a difference to the care that service users receive. There is an allowance for your time of £12 per hour plus reasonable travel expenses (in line with current AWP policy).

If you are interested in joining the team and would like to find out more, please contact Tracy Clack on 01173 546200 or awp.BMHSystemLeadership@nhs.net and an application form will be sent to you as soon as possible. You will then be invited for an informal chat, and all candidates will be offered feedback on their application.

Have you heard of the Golden Key?



Golden Key is a citywide partnership, aiming to give hundreds of people in Bristol the chance to turn their lives around.

Funded by the Big Lottery, to the tune of £10million, the eight year programme will open doors and unlock services, creating new futures for those with the most complex needs. The programme, which is led by Bristol mental health charity Second Step, is reaching out to those who are farthest away from services.

At a glance, Golden Key aims to:

engage people who are experiencing three or four of the following situations: homelessness, mental health problems, drug and/or alcohol dependency and offending behavior, who are farthest away from services.

Unlock services and enable agencies to be innovative about introducing new ways to help.

Embrace new psychological thinking to enable Bristol to be a forward-thinking city with a clear vision for the services required and for change for this client group.

Put clients and people with **lived experience** at the heart of the whole project.

Learn together to bring about a lasting impact through **cultural and system change**.

By giving clients choice over the ways they engage with our support, we hope to unlock their journey to recovery, so they can make positive and long-lasting changes in their lives.

To find out more visit www.goldenkeybristol.org.uk or follow on Twitter at @GoldKeyBristol.

Talking up the power of peer support

On World Mental Health Day, Saturday 10 October 2015, Second Step's Chief Executive Aileen Edwards and one of the charity's Peer Support Officers Kate Thomas took to the airwaves to talk about reducing stigma, the benefits of free recovery courses and the power of peer work.

Our partners:



Talking to BBC Radio Bristol presenter Laura Rawlings, who was standing in for Dr Phil Hammond, Aileen spoke about the importance of reducing the stigma around mental health problems saying we all need to support people to ask for help and to get the help they need, and start to recognise mental health is a part of life for everyone.

Kate spoke about Bristol Mental Health's Recovery College which is run by Second Step and open to people with a wide range of mental health conditions. Kate explained how she was employed because of her first hand experience of mental health services and how she has identified things that have helped her which she can now use to help others.

Click [here](#) to listen to the interview in full. It begins at 01:52:00 and lasts for eight minutes.



From left to right: Kate Thomas, Laura Rawlings, Aileen Edwards



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